

Extra resources
at no extra cost

We're here to help

Motivating Mississippi – Keys to Living Healthy is an exciting resource for participants of the Mississippi State and School Employees' Health Insurance Plan

To help you achieve your health goals, we're offering you special programs and resources through our partnership with ActiveHealth Management.

Remember, there is no additional cost for any of these programs. So be sure to take advantage of them and make this year your healthiest yet!

Your health information is private and confidential.

To help you stay healthy and well, we offer:

- Digital Coaching
- A Personal Health Record
- A Health Assessment
- Health Alerts called Care Considerations
- The 24/7 Nurseline
- A Weight Management Program
- A Tobacco Cessation Program
- Healthy Starts for Moms and Babies

If you have a long-term health condition, we provide:

- Case Management
- Informed Care Management




 MyActiveHealth.com/Mississippi

 1-866-939-4721

What's on **your** personal to-do list?

 MyActiveHealth.com/Mississippi

 1-866-939-4721



Motivating Mississippi resources to help you reach your health goals

**Want to stay healthy and feel your best?
Now you can at no extra cost**

Access the *Motivating Mississippi* — Keys to Living Healthy website

At the center of your Plan is a website powered by MyActiveHealth to help you keep your important health information — like medical history and future doctor's appointments — in one handy place. It also has fun and informative tools to keep you engaged with your health. **Log in at MyActiveHealth.com/Mississippi.**



Fill out your Personal Health Record and Health Risk Assessment

These tools capture an important piece of your health and lifestyle picture, so you can receive health alerts, assessments and health "to-do's" that are personalized just for you. Fill them out at the Motivating Mississippi website, by phone or on paper. **Call 1-866-939-4721 to learn more.**



Stay safe with Care Considerations

Wouldn't it be great if someone helped you and your family get the best and safest healthcare possible? ActiveHealth uses a special technology to watch over the care you get and the medicines you take. The system may notice medicines that shouldn't be taken together, or it might key into a test or screening that could help you. When this occurs, ActiveHealth lets you and your doctor know with a letter called a *Care Consideration*.



Participate in the Weight Management Program

If you're struggling with your weight, and your BMI is 30 or higher, this program can help you take control of your fitness and nutrition for long-term weight management. **To learn more, call 1-866-939-4721, option 2, option 7.**



Quit tobacco today and save!

With the new Tobacco Resistance and Awareness Campaign (TRAC) you can kick the habit and start feeling good again! You'll work with a health coach who will provide the support you need. You may even be eligible for free tobacco cessation medications. **Call 1-866-939-4721, option 2, option 7.**



If you're expecting a baby, try Healthy Starts for Moms and Babies

You'll work with a registered nurse over the phone through our Healthy Starts maternity program. Your nurse coach will help you navigate the changes of pregnancy and understand the needs of your baby and yourself. **To get started, call 1-866-939-4721, option 2, option 3.** Call within the first 4 months of pregnancy.

Call the 24/7 Nurseline for extra support

You can call any time for information and guidance from a registered nurse. Nurseline can help you make smart healthcare choices so you can better understand how to take care of yourself and your family.



**Call Nurseline at
1-866-939-4721,
option 2,
option 4.**

Keep it handy and call
when you have a question,
any time day or night.

For certification

Advance approval (also called "certification") is required for hospital admissions and some outpatient services. Read your Plan Document to learn more. Either you or your doctor can call toll-free for certification at:

1-866-939-4721, option 1,
Mon. - Fri., 7AM to 7PM, CT.
Your doctor can also fax a request to
1-866-617-4900.

**If you have a long-term condition or need more
specialized care, try these programs:**



Get help for complicated health issues with Case Management

Do you have long-term or frequent hospital stays? Do you need home healthcare or other special services for long periods? A registered nurse will work with you one-on-one to help you understand the kind of care you need and make sure you know where to find the right treatment. **Call 1-866-939-4721, option 2, option 1 to learn more.**



Get support for long-term health conditions with Informed Care Management

Do you have diabetes, congestive heart failure, coronary heart disease or asthma? You can have a registered nurse as your personal health coach. This one-on-one support doesn't replace your doctor, it's just a little extra help from a nurse who's available on your schedule. **Get started now by calling 1-866-939-4721, option 2, option 2.**

